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Housekeepers' Chat

Friday, September 19, 1930

Subject: "A Sunday Dinner Menu." Menu and recipe from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Lamb As You Like It."

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What shall we have for Sunday dinner? Saratoga Lamb Chops en Casserole, if you don't mind. I have a grand new recipe for Saratoga Lamb Chops en Casserole, and right now is the time to try it out.

The entire menu is this: Saratoga Lamb Chops en Casserole; Mashed Potatoes, either white or sweet; Scalloped Eggplant; Watermelon Pickle; and Apple Pie.

You will need nine ingredients for the Saratoga Lamb Chops. Do you know that Saratoga chops of lamb are one of the tricky new boneless cuts, made from the shoulder? Ask your butcher about them. If he doesn't know them, suggest to him that he isn't "on" to the latest wrinkles in lamb cutting. Saratoga chops are made from the tender meat underneath the shoulder blade, and they have no bone, which so often makes plain shoulder chops less desirable. Saratoga chops, cut an inch or more thick, and cooked in the casserole, are one of the tastiest meat dishes I know.

Nine ingredients, for Saratoga Lamb Chops en Casserole:

6 Saratoga chops, 1 inch thick	1/2 cup Chili sauce
6 slices bacon	1/4 cup water
1 cup celery, chopped	Salt, and
1 medium onion, chopped	Pepper
1 green pepper, chopped	

Nine ingredients for Saratoga Lamb Chops en casserole: (Repeat).

Wrap the edge of each chop in a slice of bacon. Fasten with a toothpick. Brown the chops quickly, on all sides, in a hot skillet. Transfer to a casserole, and cover with the mixture of celery, green pepper, onion, chili sauce, water, and seasonings. Cover closely, and cook in a slow oven (300° F.) for an hour, or until the lamb is tender. Remove the toothpick skewers carefully before serving, so that the bacon will stay around the chops. Serve hot in the casserole.

Let's repeat the menu: Saratoga Lamb Chops en Casserole; Mashed Potatoes; Scalloped Eggplant; Watermelon Pickle; and Apple Pie. If I remember rightly, there are recipes for Watermelon Pickle and Apple Pie in the Radio Cookbook.





For the rest of the time, let's answer questions. There are always questions to answer, in the fall of the year.

First question: "Do you have any printed directions for making apple pectin extract?"

Yes. There are complete directions in a circular called "Homemade Apple and Citrus Pectin Extracts and Their Use in Jelly Making." As every good jelly-maker knows, concentrated apple juice is a reliable source of pectin, which is necessary for making jelly, and a supply of it put up while apples are in season will be found very useful throughout the year. It may be added to fruits which will not make jelly alone, such as peaches, pineapples, and rhubarb.

Second question: "Can you tell me how to make 'Nancy Hanks' pickles? They are also known as 'bread and butter' pickles."

Answer: The term "bread and butter" pickles generally refers to cucumber rings which are held in weak brine overnight, and then put in jars and covered with spiced vinegar, to which a little olive oil has been added. I have no recipe for making "bread and butter" pickles, and besides, the Recipe Lady says you'll get better results by putting the whole cucumber into the brine first, and then slicing them and putting them into the vinegar and oil. The bulletin I am sending you, "Making Fermented Pickles," gives complete directions for making the whole cucumber pickles.

There were a lot of questions about pickle-making in my mail this morning. Most of them are answered in the pickle bulletin, which is sent free on request. In it you will find a great deal of information on cucumber pickles -- salt, sour, sweet, dill and mixed; and directions for making sauerkraut. String beans, green tomatoes, corn on the cob, and some fruits, such as peaches and pears, are also mentioned. I think the pickle bulletin will solve all your pickle problems. Send me your name and address, and I'll mail the bulletin right away, for pickle time is upon us.

The next question is about biscuits. I'm sending you a copy of "Home Baking," which includes recipes for biscuits that melt in your mouth, for yeast breads, muffins, doughnuts, pies, sponge cakes and butter cakes, cookies, and even gingerbread. The inexperienced cook may learn, too, the difference in handling soft wheat and hard wheat flours, how to substitute sweet milk for sour, or sour for sweet, and many other important points.

Next comes a request for the Home Laundering bulletin. It has been sent. Whether the washes by hand or by machine, this publication is almost a necessity to any up-to-date homemaker. Be sure to read carefully the pages on washing blankets, pillows, sweaters, silk dresses, and so on -- and make your husband happy by learning how to fold his shirts properly, after ironing them.

By the way, there's another popular bulletin this week -- "Simple Plumbing Repairs in the Home."



The handy man about the house will find much of interest in this bulletin, for it will save him many an unnecessary bill on little repairs. Pictures show exactly how to fix a toilet tank, thaw a frozen pipe, replace a washer, and do many other every-day repair jobs without calling in a professional plumber.

Next Monday I'll have another menu for you, and perhaps a recipe or two.

